

# Fresh Fruit and Vegetable Program

## PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

### Beets

**Beets are good for you because:** they are a good source of dietary fiber (helps keep you full so you're not hungry too quickly!) and folate (helps make new cells!).

### Farm to School ~

Like carrots and potatoes, beets are actually the edible root of the plant. Unlike carrots and potatoes, the entire vegetable can be eaten including the leaf that has a similar texture as spinach. Beets are available year round, but peak season is June through October.

### Selection and Storage ~

Select beets that are firm, round, free of cracks and avoid dry beets.

Remove greens from the beet, leaving 1 inch stem, store in a plastic bag in the refrigerator for up to 3 weeks.

### Origin ~ Where did it come from?

Beets are descendants of the wild sea beet from Rome and began spreading rapidly around the 1800s. They are now grown worldwide.

### Fun Facts



Red beets are often used in foods like tomato paste, jams/jellies and ice cream to intensify the red colors of that item.

Beets can dye your hands when cutting, it takes a couple of days to go away.



### Word Search

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| A | F | H | F | R | Z | B | J | V | R |
| O | V | S | N | O | X | Y | E | E | R |
| E | T | A | L | O | F | G | B | E | G |
| J | L | A | J | T | E | I | D | D | T |
| N | U | G | T | T | F | C | W | C | O |
| S | Y | O | A | O | J | V | B | A | U |
| R | R | B | A | R | P | Q | X | W | C |
| W | L | A | E | R | W | H | I | T | E |
| E | H | Y | Z | A | W | X | O | D | X |
| N | M | G | Y | C | G | Y | D | W | H |

|        |           |       |
|--------|-----------|-------|
| BEET   | CARROT    | FIBER |
| FOLATE | POTATO    | RED   |
| ROOT   | VEGETABLE | WHITE |



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## BEEF COLORING



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